



# Healthy and Active Rainier Valley Coalition

Volume 2, Issue 1

Winter 2008

*A partnership aimed at building and strengthening the Rainier Valley by increasing the health of its residents through culturally relevant promotion of physical activity and nutrition.*

## Walk Around the World!



Natalya welcomes people at kickoff party

Ole! "Walk Around the World, 98118" is a virtual trek around the world. Participants keep track of their mileage and submit logs then miles are added up and there are destination parties to mark the travel done. Participants made it to Latin America last week.. There are now a total of 300 participants who have walked over 36,000 miles since leaving Seattle last year. Walkers in this virtual tour of the world had a lot to say about the program in a survey done at last month's Asia party.

*"I used to need a cane and now I feel pretty good most days."*

*"For us the whole family is doing it. It's a little friendly competition that keeps us all moving."*

Please join us for our final celebration in April when we arrive back in Seattle for a pot-luck of Northwest foods.



Fatima Gordon leads African dancing at East African celebration.



Pacific Island dancers at Asian celebration



Latin America celebration

## Health Policy Work

Josh Fogt is interviewing HARVC members to hear what they have to say about health policy issues in the valley. He's interviewed 20 people so far and is still gathering data. If you would like to talk with him on your views his e-mail is: [fogtj@u.washington.edu](mailto:fogtj@u.washington.edu).



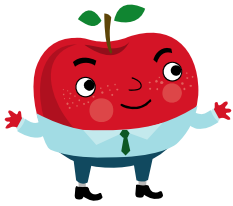
# Mini-grant Updates

## Mindful Stress Reduction



This 8-week class on Wednesdays at the Rainier Community Center teaches mindfulness as a way of relating to our lives. In the class we are learning a variety of practices including sitting meditation, walking meditation, mindful stretching (yoga), and body awareness (body scan). There are 25 people coming to the class. For more information contact Nelson Lopez at: [lopezn@psnhc.org](mailto:lopezn@psnhc.org).

## Rainier Community Ctr. Teen Fit



Our Teen Council meetings and programs now have healthy snacks. We are starting a cooking class including Shop Arounds. This month we'll buy sports equipment. We met with Josh and did a session on advocacy where we wrote letters to the mayor. Our group has about 18 teens now. For info contact Kim: [kim.lemay@seattle.gov](mailto:kim.lemay@seattle.gov).

## RHF Make a Move!

Rainier Health and Fitness launched their "Make a Move" campaign in January to get valley residents up and active. Participants log their miles on the Washington Health Foundation web site, ([www.whf.org/](http://www.whf.org/)). There are great physical activity opportunities and community wide nutrition classes too! For more info contact Miyuki at: [miyuki.bigelow@gmail.com](mailto:miyuki.bigelow@gmail.com).

## Bikeworks - Youth Programs

Bikeworks is partnering with the Rainier Community Teen program to teach about maintenance, riding and safety.

## Healthy Restaurants Initiative

Healthy food in the valley! 16 restaurants are serving healthy choices. For more info visit web site at: <http://www.metrokc.gov/health/steps/HARVC/>.

## A Matter of Balance

This is a class to prevent seniors from falling. Two classes were taught in 2007 and two more are planned for 2008.

For more info contact Ruth: [eggerr@u.washington.edu](mailto:eggerr@u.washington.edu).

## Eat Better, Feel Better



At Muir, the coordinators are working with staff to develop a "train the trainer" program on nutrition and physical activity. At Emerson, coordinators are introducing new fruits and vegetables to students using weekly school-wide taste tests, where staff introduce new

items and one class tastes it and rates it. For more info contact Elizabeth at: [Elizabeth.kimball@kingcounty.gov](mailto:Elizabeth.kimball@kingcounty.gov).

## Shop Arounds - English, Vietnamese and Cambodian

English and Vietnamese shop arounds are up and running. Peer educators for Cambodian shop arounds are being trained and should be starting soon. Evaluation data is being collected and early data is showing that people are learning about label reading and why it's important to do.



## Women of the World Swim

Rainier Beach pool is purchasing wooden blinds for window covering during swim for Muslim women. [Barb.marsh@seattle.gov](mailto:Barb.marsh@seattle.gov)



## Ongoing Projects

### Community Nutrition Training

Thirty community educators and outreach workers gathered at Rainier Community Center in January to learn how to do shop arounds, cooking demos, community kitchens and to get their food handler cards. Next steps are working with participants to develop these programs at their sites.



Valerie teaching how to do a cooking demonstration



Lena, Kathleen and Mari learning about a community kitchen by doing one.

### Senior Half Marathon

Training has started for seniors to participate in the Seafair half marathon this June. To sign up or for more info contact Mari Becker at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)



### Latino Health Outreach



Planning is underway to have monthly health talks. For more info contact Nelson Lopez at: [lopezn@psnhc.org](mailto:lopezn@psnhc.org)

### Upcoming Events

- **Healthy and Active Rainier Valley Coalition meetings** third Wednesday of the month at Rainier Community Center from 1-2:30 pm.
- **Community kitchen** 2nd Thursdays from 6:30-8:30pm at Rainier C.C.. Next kitchen is March 13th.

### Volunteer Opportunities

- Once a month for two hours on Saturday staff a table at Safeway with information on HARVC member programs

### Members



- Genesee Merchant's Assoc.
- AARTH Ministries